

ARE YOU READY TO QUIT?



Quit Kit Book 1



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Reasons For Quitting: You Have To Want to Quit!



Chances are you requested this kit because you want to quit smoking. The purpose of this Smoker's Quit Kit is to help you prepare to quit successfully. More than 15 million Americans have managed to quit smoking in the past 10 years, and you can too! As you prepare to make this major change in your life, the Smoker's Quit Kit will give you straight, useful advice to help you quit — and stay cigarette-free. It offers you concrete tips on how to prepare to quit, what to expect, how to stay on track once you have quit, and how to adjust to life as a non-smoker.

While you're probably eager to get started, we suggest that you look through the whole kit now — before you start quitting — to be sure you're prepared and ready for success. Research shows that people who rush ahead are less likely to succeed. You have to be 100% sure that you really want to quit and it's best if you make a plan ahead of time.

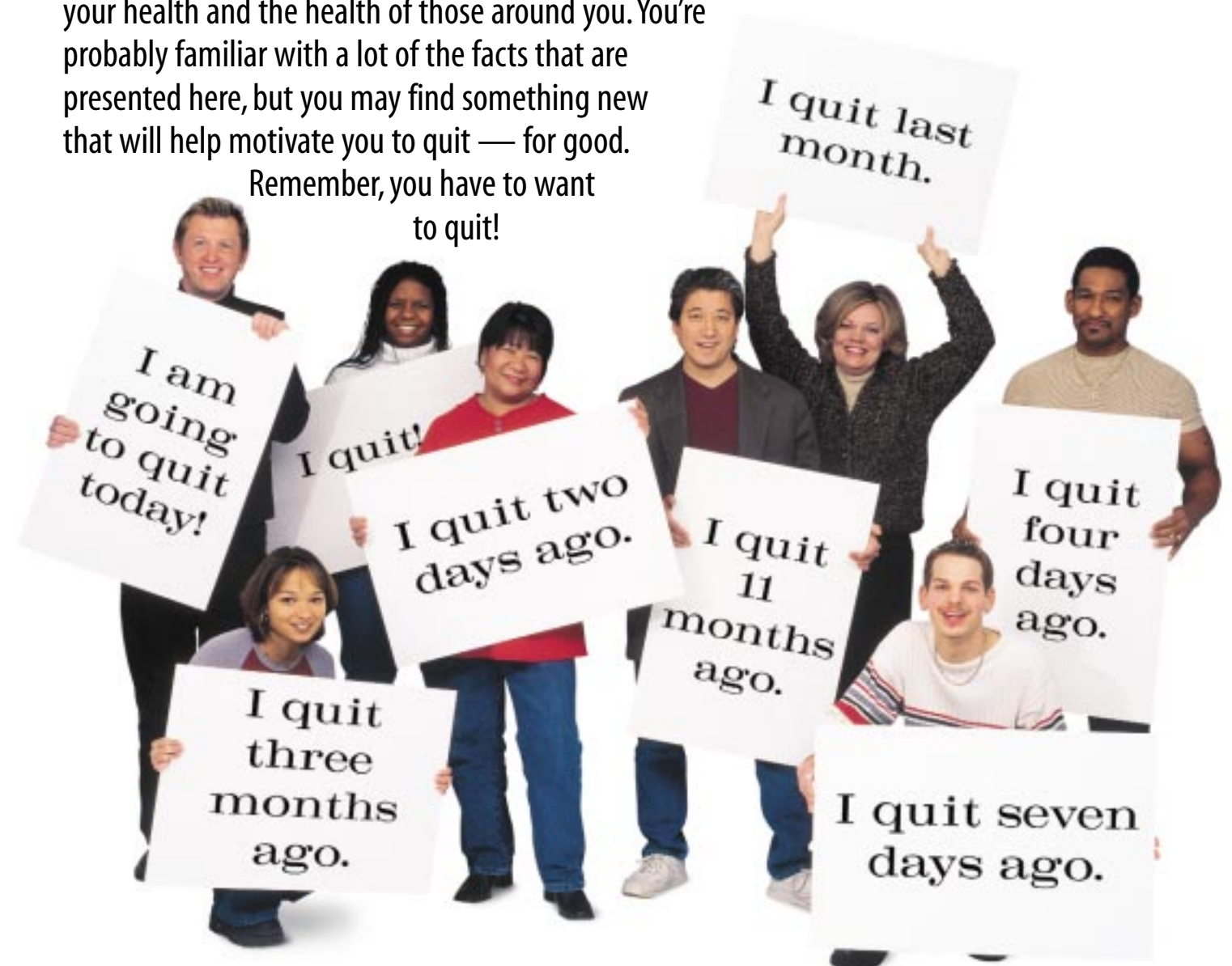
Notes:

Your quit kit is divided into three main sections.

- Booklet 1 — This booklet offers facts about smoking that can help you decide whether you're ready to quit.
- Booklet 2 — If you decide you're ready, this booklet will help you come up with a plan and prepare you to stop smoking.
- Booklet 3 — This booklet is devoted to helping you stay smoke-free and making it easier for you to adjust to your new life as a non-smoker.

Knowing all the facts will help you make an informed decision about whether or not you're ready to quit. So we've filled the following section with facts about the effects of smoking on your health and the health of those around you. You're probably familiar with a lot of the facts that are presented here, but you may find something new that will help motivate you to quit — for good.

Remember, you have to want to quit!



Michigan Smoking Facts

Tobacco use is the **No. 1 preventable cause of death** and disease in Michigan.

Among women, lung cancer has surpassed breast cancer as the leading cause of cancer deaths.

Smoking also **kills** up to 1,900 **non-smokers** each year in Michigan as a result of their exposure to environmental tobacco smoke, or second-hand smoke. The people killed by second-hand smoke are often husbands, wives, children, and other family members.

About **half** of all adult smokers in Michigan **want to quit**.

Tobacco-related illness **costs Michigan** \$2.6 billion every year in health care costs.

Smoking is a significant risk factor for cancer (especially lung cancer), chronic obstructive pulmonary disease (including emphysema), and adverse pregnancy outcomes.

Smoking kills nearly 14,000 Michigan smokers each year and accounts for about one in six Michigan deaths.

About 1.7 million adults in Michigan are smokers — roughly a quarter of the state's adult population. That may seem like a lot, but it's down from almost 30% since 1990! Another **100,000 Michigan smokers are only 12 to 18 years old** — not even adults yet, in many ways.

Smoking during pregnancy increases the risk of infant mortality and other adverse outcomes associated with low birth weight. Eighteen percent of pregnant women in Michigan smoke.

The leading cause of death among Michigan's **African American males** is heart disease and cancer due to cigarette smoking.

A **higher proportion** of smoking-related cancer deaths occurs **among men** than among women.

The prevalence of smoking remains **disproportionately high among minority groups** and low-income populations, and the decline in smoking has been substantially slower in women than in men.

Second-Hand Smoke And Children

Each year, exposure to second-hand smoke causes 150,000 to 300,000 lower respiratory tract infections (such as pneumonia and bronchitis) in U.S. infants and children younger than 18 months of age. These infections result in 7,500 to 15,000 hospitalizations every year.

Chronic cough, wheezing, and phlegm are more frequent in children whose parents smoke. Children exposed to second-hand smoke at home are more likely to have middle-ear disease and reduced lung function.

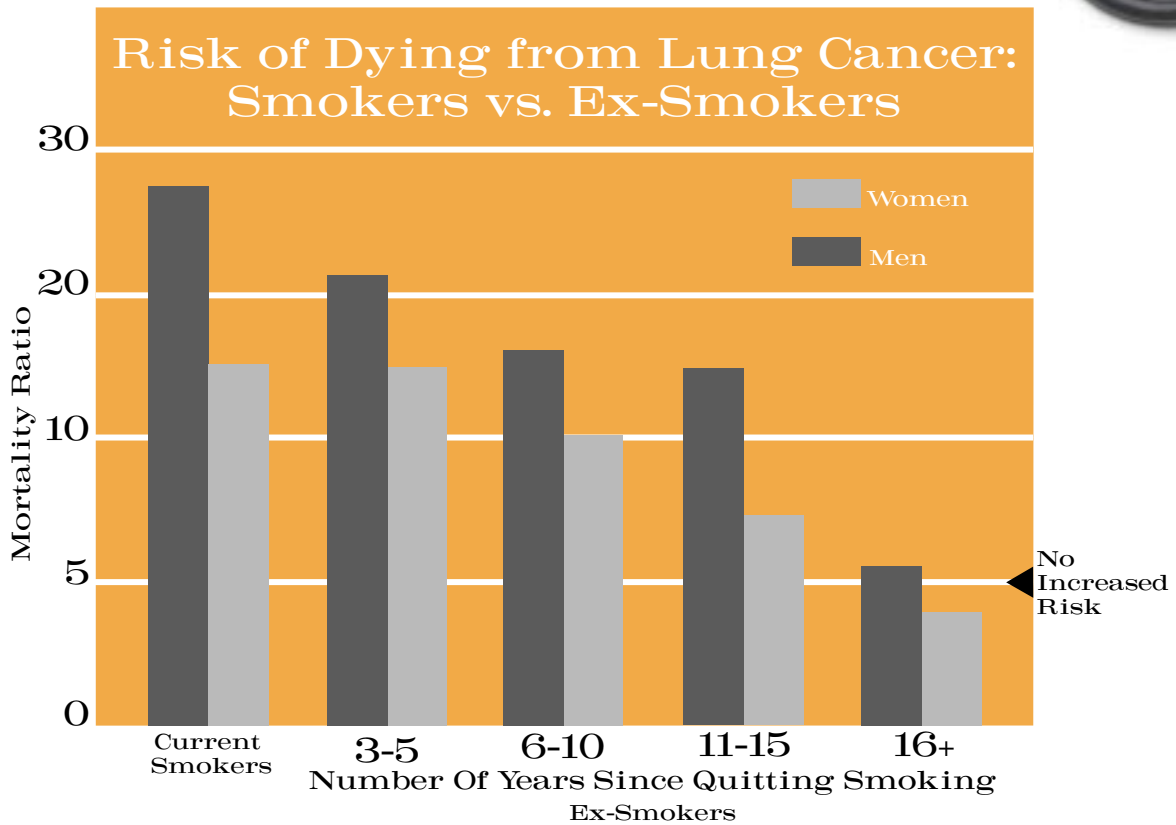
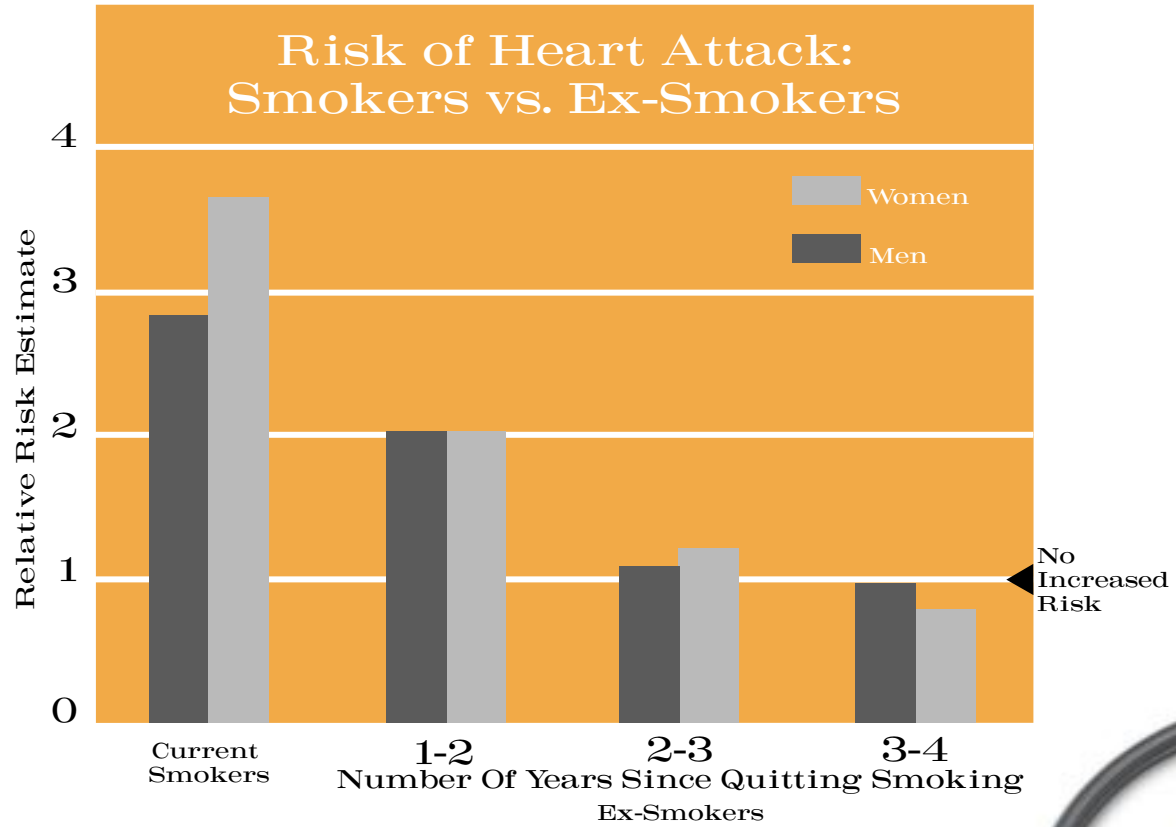
Second-hand smoke increases the number of asthma attacks and the severity of asthma in children who already have the disease. Even worse, second-hand smoke can cause healthy children to develop asthma.

A recent study found that infants are three times more likely to die from Sudden Infant Death Syndrome (SIDS) if their mothers smoke during and after pregnancy. Infants are twice as likely to die from SIDS if their mothers stop smoking during pregnancy and then resume smoking following birth.

Quit
for the
child
in your
life.
I did.



Notes:



Ever Wonder What Exactly Is In Cigarette Smoke?

You might be surprised — cigarette smoke contains over 4,000 chemical substances, many of which are poisonous and are known to cause cancer in humans. Tobacco companies don't have to list the ingredients of their cigarettes. But if they did, it might look like this:

| | | |
|-----------------|------------------|--------------|
| Arsenic | Formaldehyde | Nicotine |
| Acetic Acid | Hydrazine | Phenol |
| Acetone | Hexamine | Polonium |
| Ammonia | Hydrogen Cyanide | Stearic Acid |
| Benzene | Lead | Styrene |
| Butane | Methane | Tar |
| Cadmium | Methanol | Toluene |
| Carbon Monoxide | Naphthalene | |
| Ethanol | Nickel | |

SURGEON GENERAL'S WARNING: CIGARETTE SMOKE CONTAINS CARBON MONOXIDE.

SURGEON GENERAL'S WARNING: SMOKING CAUSES LUNG CANCER, HEART DISEASE, EMPHYSEMA, AND MAY COMPLICATE PREGNANCY.

SURGEON GENERAL'S WARNING: SMOKING BY PREGNANT WOMEN MAY RESULT IN FETAL INJURY, PREMATURE BIRTH, AND LOW BIRTH WEIGHT.

SURGEON GENERAL'S WARNING: QUITTING SMOKING NOW GREATLY REDUCES SERIOUS RISKS TO YOUR HEALTH.

Here Are The Big Three Ingredients In Cigarette Smoke:

- **Nicotine:** This is a powerful poison. When you inhale nicotine in cigarette smoke, it narrows your blood vessels and puts a strain on your whole system. Nicotine is also highly addictive.
- **Tar:** This is what is left after you burn a cigarette. It gets through even the best filters and coats your lungs with soot, which contains the most harmful chemicals found in cigarettes. Tar is the major cause of lung cancer and other smoking-related cancers.
- **Carbon Monoxide:** This is the same gas that comes out of your car's exhaust pipe. When your blood is loaded with carbon monoxide, it cannot carry enough oxygen to the organs that need it. It is a leading cause of heart attacks and strokes.



The Voice Of Experience

Robert talks to Genesee County students 50 to 100 times a year about the hazards of tobacco use. He makes quite an impression, not only because he is an experienced public speaker, but also because he has no larynx (voice box).

Robert started smoking cigarettes when he was 14 and smoked for just about a half-century, averaging a pack a day. In 1993, he was diagnosed with cancer of the larynx. In early 1994, he had a full laryngectomy (removal of the larynx), plus removal of all the lymph nodes from the right side of his neck and his shoulder. Finally, he underwent 34 radiation treatments.

The cancer and radiation had an even greater impact on Robert than it might on most people. He was a popular public speaker. He sang in his church choir and in a barbershop quartet.

Now, Robert communicates through what is known as esophageal speech. He takes air into his esophagus while inhaling, and then gradually expels it to produce a sound. He uses his mouth, nose, teeth, tongue, and lips to shape the sound into intelligible speech. It sounds oddly artificial, like that of a secret witness whose voice is being disguised at a trial.

Robert is now secretary of the board of the American Cancer Society unit in Flint, where he lives. He finds his young audiences generally attentive, though "the older kids, age 12 and up, often are harder to reach."

When he talks to students, he likes to emphasize how much money he would have saved by not smoking over all those years — something approaching a quarter of a million dollars. But the thing Robert would like most to have saved is his singing voice. "The music was my biggest loss," he said, "but I'm glad to be alive."

But the thing Robert would like most to have saved is his singing voice. "The music was my biggest loss," he said, "but I'm glad to be alive."

It's Never Too Late To Quit!

If you are like most smokers, you know all of the reasons for quitting. You've heard them over and over; you probably even agree that they all make sense. However, for every reason to quit you have most likely justified a reason for not quitting — reasons like these:

"I don't need to quit — I'll just switch to light cigarettes, or smoke less."

This may seem like a good idea. Unfortunately, many people change the way they smoke when they move to a lighter cigarette. For instance, they may take bigger or more frequent puffs to get the amount of nicotine they need. These changes often affect the amount of tar they get from a cigarette and cancel out the benefit of smoking the lighter cigarette.



"I feel sick when I don't smoke."

You aren't sick. You feel sick because you are experiencing withdrawal symptoms. Physical withdrawal symptoms pass within a week or two (more about withdrawal symptoms will follow). They can be very uncomfortable, but the worst of them usually pass within a couple of days and they certainly won't kill you.

"If I quit now it will probably be too late."

It's never too late! Your body has a great capacity to fix itself. Within a year, your risk of smoking-related heart disease will be cut in half. There is increasing evidence that no matter how long you've smoked, quitting reduces your risk of developing coronary heart disease, getting lung cancer, or having a stroke.

"If I quit I will gain weight — so I will just be trading one health problem for another."

People who quit gain less than 10 pounds on average, if they gain at all. However, being a few pounds heavier for a while has nowhere near the risk to your health as continuing smoking! You will find some suggestions for controlling your weight later.

"Quitting is just too hard."

Quitting is hard. However, 40 million Americans have done it, including 13 million heavy smokers! You can too!

"I have tried to quit, and could not."

Some people quit on their first try, but most do not. Most ex-smokers had to try more than once to quit.

Have You Tried To Quit Before?

If you are one of the many who have tried to quit before and did not make it, you may be discouraged about trying again. Don't worry — you're not alone! Most people who have quit for good had to try more than once. This kit can help you prepare yourself so that you have the best chances for success.

And don't forget, quitting takes practice! Those other attempts at quitting taught you things about what does and doesn't work for you. That information can help you quit for good this time!

Changing Lifestyle

It was the cigarette after dinner that almost did her in. Andrea, of Detroit, had been smoking since she was 16, and she smoked cigarettes for about 16 years. Then, she said, she “just got tired of it.”

“Part of it was that smoking was not as acceptable as it used to be,” Andrea said. “At work, we had to go to designated areas to smoke, and there was a stigma attached to it. Also, none of my friends smoked, and well, it was smelly, too.”

Andrea smoked a pack a day. She had quit several times before, going cold turkey, but it never lasted for more than about three days.

Then she tried the patch. She went through the prescribed routine — three levels of nicotine — and said she struggled all the way up to the last level. “I cheated,” she said. “Even when I was using the patch, I couldn’t get past smoking after dinner. I would take the patch off and have my after-dinner cigarette.”

“This went on for a month or so,” she said. “It was the habit part of it that was so ingrained in me, not the actual craving — I just had to have that cigarette after dinner. Once I broke that habit, I never had to

have another one.” Still, she admits the danger of relapse is always lurking out there.

“I don’t miss smoking at all, but I know that if I ever put a cigarette in my hand, I would go back to it. So I just don’t do that.”

“I am prouder of this than of any other thing I have ever done,” Andrea said. “Before, I could never imagine myself without a cigarette in my hand. Now, I can’t imagine myself with one.”

“It was the habit part of it that was so ingrained in me, not the actual craving”

Reasons For Smoking:

Why Do You Smoke?

Check off the statements that you agree with:

- ☐ I smoke out of habit, or to have something to do with my hands.
- ☐ I smoke when I am sad, depressed, angry, bored, or frustrated.
- ☐ I smoke when I am happy, or feel like celebrating.
- ☐ I like the taste.
- ☐ Smoking calms me down.
- ☐ Smoking wakes me up, helps me concentrate.
- ☐ Smoking helps me control my weight.
- ☐ Smoking helps me organize my day.
- ☐ Smoking is an important part of my life.

I Smoke Because:

A Decision You Can Live With

Now you know the facts about smoking, and you know the reasons why many other people have quit. But quitting isn’t about other people — it’s about you, and quitting is a very personal decision.

The checklist on this page can help you weigh the pros and cons of smoking and decide whether you’re ready.

Save Your
Life –
And \$2,920
A Year

2 packs a day, \$4.00 a pack, 365 days a year equals \$2,920 a year. Think of all the things you could do with what you will save from quitting. \$2,920 will buy: about 195 CDs; a leather sofa; a new computer or laptop; a 7 day 6 night cruise.



Reasons For Quitting For Your Health:

Most people are troubled by the effect smoking has on their health.

Check off any of these that apply to you:

- ☐ I am worried about the increased risk of cancer.
- ☐ I am worried about the increased risk of lung problems like emphysema.
- ☐ I am worried about the increased risk of heart attacks and strokes.
- ☐ I feel that smoking is interfering with my level of fitness.

Other Health Reasons:

Notes:

Other Reasons You May Have For Wishing You Did Not Smoke:

- ☐ Cigarettes are expensive.
- ☐ Most people I know do not smoke: I feel out of place when I light up.
- ☐ Family members are worried by my smoking.
- ☐ I want to be a good role model for my children.
- ☐ I do not like the feeling that cigarettes are controlling my life.
- ☐ I do not want those that I love to breathe my smoke or copy my habit.

Other Reasons:

**What
Did You
Decide?**

Are you ready to quit?
If so, congratulations!
Book 2 will help you
make a plan to give
up cigarettes for good.

